

## Food Around the World

Historically different countries diets have been closely linked to their main food production. Each country has its own staple foods grown and eaten in great quantity in that country because they are plentiful and cheap. For example, in Britain a staple food is the potato because they grow easily in the British Isles. In China a staple food is rice because the climate in China is suitable for rice growing.

Traditional recipes develop due to the availability of food. For example fish and chips is a traditional English meal, whereas in China fried rice forms the base of many meals.

Meals that reflect the mood of individual countries, therefore, often are developed as a result of there being a plentiful supply of a particular food.

### **What you have to do:**

To find a location for your "Paradise Island" and a recipe suitable for the product of your Island. You could use one of the following ideas:

1. Plan a journey around the world from north to south, choosing five countries, at least two which have different climates to stop at.
2. Plan a journey around the world from east to west, choosing five countries, at least two of which have different climates to stop at.
3. Choose five countries around the world at least two which have different climates.

To find a recipe that would reflect the mood of your island you should collect the following information in each country you pass through:

1. Foods grown, for example fruit and vegetables, herbs and spices.
2. Special cooking equipment used.
3. Special crockery and cutlery used.
4. Traditional meals served.
5. Festivals celebrated and the food eaten on such occasions.

After carrying out your investigation work, you will need to decide where to place your island. Once you have decided where your island should be you need to compile a menu for a restaurant on your Island. Write a short passage to say why you have chosen this as your traditional recipe.

### **New Words To Learn:**

<b>Calories</b>	• A unit of energy that comes from food.
<b>Crockery</b>	• Plates, bowls, cups, saucers etc.
<b>Cutlery</b>	• Knives, forks, spoons, etc.
<b>Indigenous</b>	• Belonging to an area naturally.
<b>Ingredients</b>	• Parts that go into making something.
<b>Protein</b>	• A part of food that is required for body growth.
<b>Traditional</b>	• Passing down a custom from one generation to another.
<b>Staple food</b>	• Something produced in a country or region.